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SATURDAY, MARCH 3

Better Than Athletics

The question of military training in
public schools is attracting wide atten-
tion and Dr. W. S. Small in a chap-
ter on educational hygiene in the annual
report of the Commissioner of Educa-
tion, Department of the Interior, takes
this stand: "Military training in the
schools conceived as military drill-
ing is undesirable and unavailing;
military training conceived as a com-
prehensive program of physical, moral
and civic education is desirable and
even necessary." He goes ahead to
show the superiority of military train-
ing over gymnastics and athletics.
They are the philosophy of play while
military training fosters ideals of pa-
triotism. The report describes and
discusses the so-called "Wyoming
plan" originated by Capt. E. Z. Stev-
er, U. S. A., outlines the plans of the
New York military commission in re-
lation to physical training, and analyz-
es the relation of military training to
school organization, concluding that
"military training in the strict and
technical sense will not be grafted
upon the schools, but military train-
ing in the sense of a comprehensive
program for physical, moral and civic
education in which some appropriate
military affairs may be included is
likely to find its way into all schools."
The training of all boys in military
tactics is the logical way to promote
preparedness in the nation. With
every citizen a trained soldier, volun-
teers and new recruits would enter
the service well drilled and ready for
duty.

Prohibition won a double victory
in the house when the house passed
the senate bill to make the national
capital dry and the senate and house
conferees on the postal appropriation
bill unexpectedly announced an agree-
ment under which the Reed bone dry
amendment is virtually assured of
enactment. Hope of agreeing on the
postal supply measure had been aban-
doned by the conferees who has sub-
mitted a resolution to continue exist-
ing postal appropriations for another
year.

Rev. D. S. Edwards, who once
served a term in the State Senate, is
a Democratic candidate for repre-
sentative in Hopkins, making five
preachers who are seeking seats in
the next General Assembly.

Mrs. Lula Harrison, queen of the
Harrison tribe of gypsies, died at
Reno, Ark., and her body was
brought to Evansville for interment.
She was the wife of Valley Harrison
and was 30 years old.

Victor Sicilia, son of a naturalized
Italian at Evansville, has been appoint-
ed a cadet to West Point. When the
boy was born 18 years ago, his father
"dedicated the infant to the service of
his country."

President Wilson will take his
new oath of office to-morrow and the
public inauguration ceremonies will
be held Monday.

Three girls and a boy competed for
the oratorical championship of the
Mayfield High School and Alice Gray
won.

Children Cry
FOR FLETCHER'S
CASTORIA

DEVICE SAVES MANY STEPS

Simple Arrangement Which Insures
Constant Supply of Running Wa-
ter in the Farm Kitchen.

In most farmhouses, even nowadays,
there is no running water. The farm-
er's wife must go to a pump, which
is perhaps far enough from the dwell-
ing to require many steps to and fro
in the course of a day. How may
these steps be saved? And how may
the luxury of running water in the
house be easily and cheaply obtained?
The new idea (originated by a farm-
er's wife) is illustrated by an ac-
companying diagram, which makes it
plain at a glance. A barrel stands on
a shelf attached to the outside of the
house. It is filled with water by a
force pump. From the lower part of
the barrel a short piece of pipe runs
horizontally through the house-wall
into the kitchen, terminating in a fau-
cet.

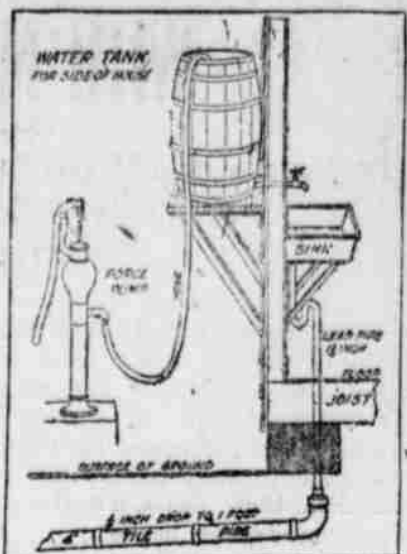


Diagram Showing How Any Dwelling
Can Be Supplied With Running
Water at Small Expense.

et. Beneath the faucet is a sink,
which is provided with a waste-pipe
to carry off the water. Nothing could
be more simple, as well as convenient.
If the barrel is pumped full once a
day, it will supply the housewife's
ordinary needs. The cost of the en-
tire outfit ought not to be more than
\$10.

TWELVE QUESTIONS FOR COOK

Kitchen Executive Who Can Say "Yes"
to Them All May Consider
Herself Proficient.

Can you, granted you have good
materials, make really good coffee?

Can you make good reliable white
sauce, and can you make it of any given
thickness as you wish?

Can you make good meat gravy, free
from lumps and grease?

Are you thoroughly familiar with
one simple cake mixture, so that you
can always depend on the results?

Are you sufficiently familiar with
your own oven to bake cake or bread
or muffins without burning them?

Do you know at least five ways of
cooking meats of lower prices into
tender, tempting dishes, such as steaks,
meat loaf, etc.?

Can you cook bacon so that it goes
to the table unburned and thoroughly
cooked?

Can you make uniformly good bread?

Can you make uniformly good pie
crust?

Can you cook the ordinary vegetables
in at least one way so that they are
appetizing and nutritious?

Do you know at least six ways of
cooking potatoes?—Exchange.

Sweetbreads With Bacon.
Soak the sweetbreads in lukewarm
water for a couple of hours; then put
in boiling water and simmer gently for
five or ten minutes, according to size;
when taken up lay in cold water. When
quite cold, dry them and cut into dice-
shaped pieces. Put them to cook in a
little water with two ounces of butter
and salt in it. Let the water gradually
cook away and then cover the sweet-
breads with cream. When this is hot,
thicken with a little flour blended with
butter; stir into the mixture two beat-
en egg yolks and serve on rounds of
toast. Surround the sweetbreads with
thin slices of broiled crisp bacon.

Mixed Cheese.
Ten cents' worth cream cheese, ten
cents' worth Roquefort, one tablespoonful
butter, two green peppers, one large
Bermuda onion, one-half stalk of cel-
ery. Rub the Roquefort and cream
cheese and butter to a smooth paste,
add the finely chopped onion, pepper
and celery and mix well and season
with paprika. Put in icebox to harden,
then serve with hot toasted crackers.

Horseshoe Sauce.
Horseshoe sauce is made by mixing
in a bowl a teaspoonful of mustard,
teaspoonful of vinegar, half teaspoonful
of salt and a little pepper. Break
on this mixture the yolks of two eggs
and beat with an eggbeater. Add olive
oil until a thick sauce results, and then
add a tablespoonful of grated horse-
radish.

Cheap Cake.
One cupful of sugar, half cupful
butter or lard, one cupful sour milk,
one teaspoonful soda, two and one-half
cupfuls pastry flour, little salt, cinna-
mon and cloves, one cupful raisins, the
same amount of currants put through
food chopper and a little citron sliced
in. This is a cheap cake.

Pickle Won't Mold.
Pickles may be kept from becoming
moldy by putting a little bag of mus-
tard on top of the pickle jar.

She Broke Down Entirely.

Lantz, W. Va.—Mrs. T. B. T. Lantz,
of this place, says: "I had been
troubled with a bad headache for
some time, and at last I broke down
entirely. I got so weak I could
scarcely walk across the room.
Thanks to Cardui, I improved right
off. Now I do my house work, and
am feeling well." During the past
50 years, more than a million women
have been benefited by taking Cardui.
You must believe that Cardui will
help you, too, since it helped all
these others. Cardui is a safe
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Positive, curative merit, for women.
At drug stores. Try one bottle. It
will surely help you. Advertise-
ment.

USE OF CLOTHES.



Mr. Hickson—It's getting very chil-
ly. Why don't you put on your coat?
Mrs. Hickson—Then none would see
my new hand-embroidered waist.

A Philanthropist.

A certain type of citizen
Deserves the highest praise;
He'll often lend you "five" or "ten"
And no objections raise.

Seeing Double.

"My dear," remarked the jovial
Jaggs the other evening, "you are get-
ting better looking as you grow older.
Your beauty appears to have dou-
bled."

"That will do, Mr. Jaggs," rejoined
his better two-thirds. "You've been
drinking again."

Not Qualified.

"I—aw—have a deshad to—aw go
on the stage, doncher know," said the
callow youth. "Cawn't you—aw—
make a place for me?"

"Sorry I can't oblige you, old chap,"
replied the theatrical manager, "but
I'm afraid most of our scenery is too
heavy for you to handle."

Uncle's Advice.

His Niece—Uncle, we are getting up
an amateur theatrical society. Can't
you suggest an appropriate name for
it?

Her Uncle—Sure thing. What's the
matter with "Think twice before you
act"?

HIS CHANCE.



Ethel—Tom won a hat betting with
papa, and papa told him he could have
Grace if he'd call it square.

Edward—Is—is your father home to-
night?

His Colors.

When the audience hailed the speaker
He quite patriotic grew.
His face got red, and then turned white
And the atmosphere was blue.

Paw Always Knows.

Little Lemuel—Say, paw, what is
ostentation?
Paw—According to your mother, son,
it's the way the neighbors show off.

Confidential.

He—Are your affections really and
truly engaged?
She—Oh, not necessarily. But I
am.

Egyptian Philosophy.

If thou art successful and lovest the
wife of thy bosom, then fill her stomach
and clothe her back. . . . Make glad
her heart during the time that thou
hast. She is a field profitable to its
owner.—Ptah Hotep.

SALESMEN

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everybody needs? Something that
everybody is familiar with? Some-
thing that everybody wears? Then
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commissions in advance.

DIRECTIONS FOR PLAIN CAKE

Simple Confection to Serve at Lunch-
eon or to Follow the Sunday
Evening Supper.

One and one-half cupfuls of pastry
flour or one and one-eighth cupfuls
bread flour, two teaspoonfuls baking
powder, speck of salt, one-fourth
teaspoonful grated nutmeg, one-fourth
cupful butter, one cupful sugar, two
eggs, one-half cupful milk. With a
plain cake as a foundation many vari-
ations may be made. Substitute one-
half teaspoonful of vanilla or lemon
extract for the nutmeg. For a white
or silver cake omit the egg yolks and
use the whites only, more may be ad-
ded for layer cake. Bake in shallow
pans of equal size and when cooked
place filling between the layers.

Rillon cake may be made by divid-
ing the latter into two or more equal
parts. Color one or more and bake
each portion separately, then place in
layers with jelly between. A richer
cake may be made by using twice the
quantity of butter and one-fourth
cupful more of flour should then be ad-
ded. For raisin or nut cake add one-
half cupful of seeded raisins or
chopped nuts, sprinkle with two table-
spoonfuls of flour and add to sifted
dry ingredients. Currants or citron
may also be added. Dark cake may
be made by adding molasses, spices,
cocoa, etc. Add flour to make the bat-
ter of required consistency. For mar-
ble cake put a portion of plain or
white cake into the baking pan, scat-
ter a spoonful of a dark cake mixture
over it and cover with remainder of
the light mixture.

DAINTIES FOR LUNCH BASKET

Take Only a Little Time to Prepare
and Will Be Appreciated by the
Schoolgirl or Boy.

Tiny buttered tea rolls, potato
salad (in small jar), sponge cake, cof-
fee (in small bottle).

Brown bread sandwiches, stuffed
eggs, vanilla cookies.

Nut sandwiches, cold roast veal, cake
of sweet chocolate.

Date sandwiches, jar of chicken sal-
ad, apple turnovers.

Plain bread and butter sandwich,
cold roast beef, stuffed dates.

If possible, through the winter
months it would be well to have small
jars of chowder, soups, coffee, tea, co-
coa, or anything that may be reheated.
These may be placed in dishes of hot
water over gas or heated in any way
to make a warm lunch for the girls.

German Kuchen.

Take one quart of milk, one cupful
of butter and lard mixed and scald.
When cool add two cupfuls of sugar,
two cupfuls salt, one yeast cake and
about 11 cupfuls of flour. Be sure
and not have the dough too stiff. Raise
over night. In the morning roll out
one-half inch thick and lay on rows
of apples. Sprinkle with sugar and
cinnamon and raise a little while.
Bake till the apples are tender.

Cinnamon Kuchen.—Roll the same
as for above. Then take three com-
mon crackers rolled fine and the
same amount of sugar with a little cin-
namon and mix together. Spread lit-
tle bits of butter on the cakes and
then cover with the mixture of crack-
ers and sugar.

Kuchen Loaf.—Cut one-fourth cup-
ful raisins fine and add to some of
the dough and raise and bake the
same as bread.

Fruit Salad.

Take any fruits in season, and pare
and cut them into neat pieces.
Bananas, pineapple and pears make a
good combination, and orange quar-
ters may be added too, with the seeds
and thin, tough skin covering the quar-
ters removed. Put all the fruit into a
deep bowl, the pineapple on top. Sprin-
kle sugar thickly on top, and add lemon
juice and water in the proportion of
one part of lemon juice to four parts
of water. Add enough liquid barely
to cover the fruit. Let the whole
stand for some hours, then stir up
from the bottom and serve with
whipped cream.

Mrs. Mathew Maury, sister of Mrs.
Woodrow Wilson, died at Roanoke,
Va., Tuesday, after an operation for
peritonitis.

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wide and four and two-thirds feet high, and is surmounted by a lid
nearly three feet high. The relief sculpture on the front represents
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